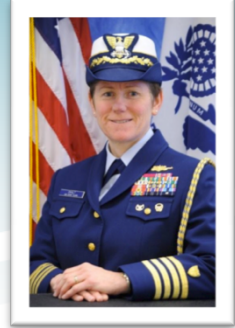


the Ombudsman Outlet

Tutela of Prosapia



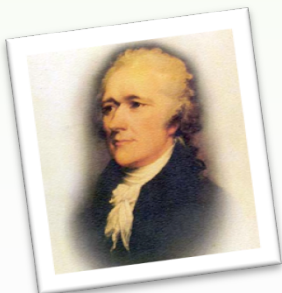
Message from the
District Chief Of Staff
CAPT Anne T. Ewalt



Did You Know

The foundation of today's Coast Guard was established on August 4th 1790 under the direction of the first U.S. Secretary of Treasury, Alexander Hamilton. Hamilton developed a system of cutters, as an armed maritime law enforcement service. The Revenue-Marine, later renamed the Revenue Cutter Service was combined in 1915 with U.S. Life-Saving Service to form the U.S. Coast Guard. Coast Guard vessels are still referred to as cutters today based on the original ship design of the first ten Revenue Cutters ordered by Hamilton.

Hamilton died in 1804 from wounds received in a duel with the Vice President of the United States, Aaron Burr.



As the Chief of Staff, I've had the privilege of working with your spouses and significant others for the last two years. I'm very happy to report that I'll be staying in this position for another year, providing some continuity as we have a big turnover in our staff. Most notably, we have to say farewell to RADM Gary Blore, his wife Vera, and his children David and Anna. We thank Vera for the work that she has done to grow our ombudsman program and our community spirit. We welcome aboard RADM Keith Taylor, his wife Charlene, and his son Ben.

As the transfer season is in full swing, I offer fair winds and following seas to all those who are transferring, transitioning to the civilian sector, and/or retiring. I sincerely welcome all of our incoming members, families and significant others. I hope that you find D13 to be a wonderful place to live and work. I encourage you to get connected with our ombudsman network. Not only is it a great way to stay informed, but it helps in getting to know each other and in getting involved.

This is a good time for me to say, "Thank you," to all of you who have been helping out our shipmates from Alaska, who have come to Seattle for medical care, as well as our own D13 shipmates who have and are going through tough times. These life changing medical conditions are so very difficult, and only made tougher by being away from home and family. Thank you for being family to our shipmates, and generously giving of yourselves in time spent and meals provided. You've also been very generous to our Coast Guard family members in need. Thanks!

By now you should all be enjoying some well earned vacation with your active duty member. If not, then it should be on your calendar. Even though this is a major transition summer on the staff, we have a proactive scheduling process so that we can accommodate the very important recreation time for everyone this summer. Please do take

Continued on next page

time for yourselves and your families. While you do this, know that I am grateful to you for the support, encouragement and understanding that you generously give to your active duty member. By so doing, you play an important role in the Coast Guard being Always Ready, Semper Paratus. Without that, none of us in uniform could serve. Thank you.

I look forward to seeing you at our annual Coast Guard Day Picnic on August 9th.

Have a safe summer.
Semper Paratus,

Anne T. Ewalt, CAPT, USCG
Chief of Staff, Thirteenth CG District



Note From The Ombudsman

As we bid Rear Admiral Blore a fond farewell and welcome Rear Admiral Taylor to the beautiful Northwest, my mission as Ombudsman remains the same, serving the District Thirteen families as a liaison between the command and spouses. In my role as your Ombudsman, I had the privilege in June of attending the annual Military Child Education Coalition Conference in Nashville, TN. The conference focused on resources available to military families to help overcome the challenges our children face with a deployed parent and when transitioning to different schools during military transfers. I want to briefly highlight a few of the resources I learned about.

Military Interstate Children's Compact Commission (MIC3): MIC3 is making efforts to establish a nationwide compact with state schools to provide for the uniform treatment of military children transferring between school districts and states. They are resolving education transition issues for Military families. For more information about the commission, go to: www.mic3.net. To view the Washington State Compact go to: <http://apps.leg.wa.gov/RCW/default.aspx?cite=28A.705&full=true>.

Blue Star Families: Blue Star Families is a non-profit organization created by military spouses in 2008 to raise awareness on the challenges of military family life. The organization provides resources to uniquely benefit military families. Among the numerous resources is "Be There Bedtime Stories!" Choose a book from the their online library and read the story in front of a webcam, as it displays on the computer screen. The organizations website positions the webcam recorded video of you directly onto each page of the children's e-book. A perfect way for deployed members to 'be there at bedtime' even when far apart. Go to <http://www.bluestarfam.org/> for more great resources available to you.

SchoolQuest.org: SchoolQuest is an educational resource tool that helps transitioning families search for appropriate schools in their new home areas, provides a safe and secure "Profile" area where student information can be stored, and offers research-tested Military Child Education Coalition support to students in transition. Go to <http://www.schoolquest.org/> to learn about the resources available to you.

Club Beyond: Club Beyond is where friends, fun and faith connect. Consisting of ecumenical clubs and Bible studies during the school year, meetings are open to all military teens regardless of religious background or affiliation. Clubs provide a casual atmosphere filled with loud music, crazy games, and a chance for teens to hear a message from the Bible, presented in a way that is relevant to them. Club Beyond also organizes special events year-round, including service projects, ski trips, summer camps and more. Go to <https://www.mcym.org/lewis> for information.

Continued on next page.

These are just a few of the resources that I was so fortunate to learn about at the conference. I will continue to share the other resources in my winter newsletter and throughout the year using my email distribution list. If you are interested in receiving my periodic emails with information on events and family information, call or email me with your name and contact information.

Valerie Frantz
425-427-9296 Home
CGD13Omudsman@gmail.com



Coast Guard Family Association

STRENGTHEN HOME & FAMILY 2011

Dear Coast Guard Families,

April 2011 the Coast Guard Family Association was reformed. We welcome **all** spouses, single active duty, auxiliary, reserve and retired members of the Coast Guard to join the CGFA. Our Mission is, "Strengthening Families one Piece at a Time". If you would like to be involved, there are several committees in need of a chairperson: Ways and Means, Membership, Activity Committee, and Historian. If you are interested in joining the CGFA or being a committee chairperson, please contact Stephanie Clark at, stephanieuscg@live.com or CGFA@hotmail.com.

We are currently planning activities for the families of the greater Seattle area and would love input on how we can better serve you. We encourage you to come meet us August 9th at the Coast Guard Day Picnic and join the CGFA. Check out our Web site: cgfapugetsound.com. Or on Face Book search, **PACNW Coast Guard Family Association**. The CGFA provides a wonderful opportunity to meet new friends and make a positive difference in the lives of our Coast Guard Family. We look forward to meeting you!

President	Stephanie Clark	Corresponding Secretary	Camai Houk
Vice President	Amy Hashimoto	Recording Secretary	Kelly Klipp
Vice President	Lina Keyes	Treasurer/Web Designer	Anne Deines

Did You Know....

On May 25, 2010, Admiral Robert Papp assumed command as the 24th Commandant of the Coast Guard. His vision for the Coast Guard is: "We are defined by our Missions, People and Heritage. We will selflessly serve our Country and perform our duties in a manner that secures the trust and confidence of mariners and citizens alike. We will set a course that steadies the Service, honors our profession, strengthens our partnerships, and respects our Shipmates."



Did You Also Know....

The Master Chief Petty Officer of the Coast Guard (MCPOCG) is the highest-ranking enlisted member, appointed by each new commandant to serve a corresponding four-year term. The MCPOCG advises the commandant on enlisted workforce policies, is an advocate for military benefits and entitlements, acts as a mentor to enlisted personnel, and is a sounding board for select enlisted administrative actions. MCPOCG Michael P. Leavitt assumed his duties as the eleventh MCPOCG on May 21, 2010

Coast Guard Day Picnic

Tuesday August 9th 2011

The Coast Guard will be celebrating its 221st birthday this year. The Seattle area celebration will be at Lord Hill Farms on 9 August from 11 am to 3 pm. Tickets, in the form of a wristband, will cost \$5.00 per person, ages 6 years and older. The event is free for children 5 years and under. Tickets may be purchased at the Base Seattle fitness center's MWR office between the hours of 7 am to 3:30 pm, Mon-Fri. Payment can also be made at the picnic site on the day of the event; only cash or check is accepted at MWR office and picnic site.

MENU. Mesquite smoked chicken, hot dogs, hamburgers, garden burgers, BBQ baked beans, pasta salad, corn-on-the-cob, chips, dinner rolls, watermelon, ice cream bars/popsicles, cotton candy, lemonade, soft drinks, bottled water and a No Host (pay-as-you-go) bar that will serve beer and wine.

ENTERTAINMENT. DJ/Emcee, Music, horseshoes, kid's playground, volleyball, competition games and races, golf driving range, climbing wall, kid's inflatable slide, miniature golf, tetherball, flag football, dessert baking contest, face painting, pedal boats, kiddie pool, and more.

BAKING CONTEST (Desserts only, including cakes, pies, cookies, cobblers, etc.) We will conduct a baking contest at the picnic and the contest judges will be pre-selected by Base Seattle MWR. Unfortunately, due to our picnic time schedule, there will be a limit of one entry per person. The first 12 Intent to Participate e-mails I receive in my inbox will constitute the baking contest line-up. Trophies will be presented to the bakers of the top three "great-tasting goodies" immediately following the competition, so if you or someone coming with you to the picnic has a dessert baking inclination, e-mail me at: james.a.graddy@uscg.mil and let me know who you are, your phone number, and what you plan on baking. Please place in the subject line: CG Day Picnic Baking Contest.



Summer In Seattle . . . Fun In The Sun

Mariners Salute to the Coast Guard

The Seattle Mariners will Salute the U.S. Coast Guard during their Thursday, September 1, 2011, game @ 7:10PM versus the Los Angeles Angels of Anaheim.

Commemorative T-SHIRTS will be created and provided by the Seattle Mariners and Verizon Wireless, the corporate sponsor. D13 Public Affairs is working to coordinate static displays (recruiting table, information booths, small boat display, boating safety videos, etc.) throughout the stadium and in the SW plaza; and possibly a pre-game flyover by one of the Coast Guard Air Stations.

The Mariners have created a website (www.mariners.com/uscg) and provided a promo code, on the website, for reduced-price ticket purchases, exclusive to Coast Guard members only, and the event is available to ALL Coast Guard members in the Pacific Northwest: active duty, reserve, auxiliary, civilian and retirees. The reduced seats include: \$34 Terrace Club Outfield (normally \$47); \$29 Field Level (normally \$40); and \$13 View Reserved (normally \$20).

When you purchase tickets, use the promo code. It will get you the discount, but is also used to track organizational participation. The caveat concerning purchasing tickets on the website (www.mariners.com/uscg) is that "ONLY Coast Guard members" identified in the previous paragraph use the promo code for themselves and/or their family, and not pass the promo code on to the general public.



Seafair

Seafair is a summer festival in Seattle, that encompasses a wide variety of small neighborhood events leading up to several major city wide celebrations.

Upcoming Seafair highlights include the Milk Carton Derby on July 16; the Torchlight Parade on July 30; and the Hydroplane Races and Air Show, featuring the U.S. Navy Blue Angels, Aug. 5-7.

For more information and a full list of events, visit www.seafair.com.

Military Discounts

For great discounts on local attractions, outdoor recreation, hotels, sports tickets and more, go to www.militarymerits.com and begin planning your summer fun.



6 Tips To Save Your Child From Drowning

Did you know three children die every day from drowning? It's the leading cause of death from an injury for children ages 1-4 years old.¹ Mid-summer is prime time for water fun, but it can also be deadly, if parents aren't careful.

The [Red Cross Summer Water Safety Guide](#) states more than 90 percent of families with young children will spend time in the water this summer. And almost half of them plan to swim in places with no lifeguard.

What does this mean? You need to take responsibility for your children's safety around water. Here are six tips² to keep your children safe:

- **Learn CPR.** Seconds count if your child falls into the water. You could be the life-saving support until paramedics arrive. Contact your local Red Cross chapter or your local fire department to learn when CPR classes are available.
- **Supervise your children constantly around water.** NEVER leave the supervision to an older child, and avoid distractions yourself when watching your kids. This includes around bathtubs, swimming pools and natural bodies of water—such as the ocean or a lake.
- **Secure pools with proper barriers.** Install a four-sided isolation fence around your pool. It should have self-closing AND self-latching gates.
- **Always wear life jackets.** Even if your kids know how to swim, they should always wear life jackets around natural bodies of water, such as the ocean or lake. For younger or inexperienced swimmers, they should wear life jackets around ALL water, even pools.
- **Make sure everyone in your home knows how to swim.** Have young kids? Enroll them in age-appropriate swim courses. And if you still need to learn, sign up for classes immediately.
- **Have lifesaving equipment available nearby.** This includes reaching or throwing equipment (such as a lifesaver and rope), a cell phone, lifejackets and a first aid kit.

For more important water safety tips, visit www.triwest.com/watersafety.

NOTES

¹ The Centers for Disease Control and Prevention (CDC)

² The American Red Cross and the CDC

Grant and Scholarship Opportunities for Spouses

New England College of Business and Finance has an Associate Degree in Business for ALL military spouses with a total tuition cost of \$4,000 and less than \$100 in fees. <http://www.necb.edu/mycaa>

American College of Education has master's degrees leading to a certificate that qualify for MyCAA (because of the certificate part) and the total tuition for a master's degree is \$6,950: <http://www.ace.edu/military>

Texas A&M is offering an online Executive MBA with a \$5,000 military tuition grant for a total cost of \$694 per credit hour. They also offer a BS in Business Administration online for a total cost of just over \$15,000. <http://degree.tamu-commerce.edu>

Florida International University has awarded over \$1,000,000 in military scholarships in the last 6 months for their online Corporate MBA - <http://cmba.fiu.edu/military>

Lamar University has added an online Master of Education in School Counseling - <http://degree.lamar.edu> this online program has a total tuition cost for out of state of \$8,460. They also have Bachelor's of Applied Arts and Sciences, Criminal Justice and General studies - 100% online and with maximum transcript credit for military transcripts.

Over 1,000 Veterans, active duty and spouses have used the Personal Finance Bootcamp from New England College of Business and Finance - this FREE online course helps people take charge of their personal finances - AND they can see if online learning or a business degree is right for them. Spread the word: www.necb.edu/MilitaryFinance

Good Links

Ready Coast Guard 2011 Campaign

The U.S. Coast Guard just launched the Ready Coast Guard 2011 campaign under the theme of Ready or Not Ready? The Ready Coast Guard family readiness campaign urges all Coast Guard members and their families to get a kit, make a plan, and be informed.

Are you Ready or Not Ready? Watch the new video posted on the Office of Work-Life Family Readiness Program webpage <<http://www.uscg.mil/worklife/ready.asp>> that shows both good and bad examples of families who have taken steps to have supplies on hand in case of an emergency. You also can take the Ready or Not Ready? quiz.

In another new video, Mrs. Papp reminds us that when emergencies strike, Coast Guard families may be left on their own while their Coast Guard member responds to his or her duty. Give your Coast Guard member peace of mind by preparing at home for all types of emergencies.

View both new videos and all the Ready Coast Guard information at the Office of Work-Life Family Readiness Program webpage



Emergency Preparedness Links

[King County Disaster Plan Assistance](http://www.3days3ways.org)

www.3days3ways.org

[FEMA Emergency/Disaster Preparedness](http://www.fema.gov/kids/)

www.fema.gov/kids/

[Red Cross Disaster Services](http://www.redcross.org/)

www.redcross.org/

Weather Information - www.weather.gov

WA Public Health Emergency Preparedness & Response

www.doh.wa.gov/phepr/default.htm

Coast Guard Preparedness Videos

<http://www.youtube.com/user/USCGImage>
[ry - p/u/2/0w 5XV7spBA](http://www.youtube.com/watch?v=5XV7spBA)

Admiral Bob Papp and Wife Linda
Launch Ready Coast Guard

<http://www.youtube.com/user/USCGImage>
[ry - p/u/0/U6zDuN v15Q](http://www.youtube.com/watch?v=U6zDuNv15Q)

Rear Admiral Mark Tedesco and his
Wife Tammy Launch Ready Coast Guard.

<http://www.youtube.com/user/USCGImage>
[ry - p/u/1/6BwfH7484g4](http://www.youtube.com/watch?v=1/6BwfH7484g4)

Coast Guard Master Chiefs and their
Wives Launch Ready Coast Guard.